

- Teens should be responsible for daily dental care.
- □ Brush and floss daily to control the germs that cause bad breath, gum disease and tooth decay.
- □ Brush teeth, gums and tongue after every meal. Use a small, jiggling motion with the bristles angled to the gums. Use a pea-sized amount of fluoride toothpaste. Floss teeth daily.
- Use a mouthguard for sports.
- □ Take your teen to see a dentist yearly. Ask about fluoride, sealants, braces, wisdom teeth and mouthguards.
- □ Limit sweets to prevent dental cavities.

- □ Have 3 meals and 3 snacks daily. Give a variety of food with:
 - 5-9 servings of vegetables or fruits
 - 7-11 small servings of breads, cereals, or grains
 - 3 cups of nonfat, 1% or 2% milk, cheeses or yogurt
- □ 3 servings of protein foods, like lean meats, poultry, fish, eggs, or dried beans
- Start each day with breakfast for better learning. Leftovers are quick and easy to fix.
- Offer healthy foods at meals and snacks: Nonfat, 1% or 2& milk

iuice

unbuttered popcorn peanut butter

bean burrito

yogurt

raw vegetables wheat toast cheese sandwich lean meats, chicken unsweetened crackers, nuts dry cereal

fresh fruit

- □ Drink water when thirsty. Limit fast foods, soda, punch, fruit juice and other sweet drinks.
- Buy foods low in fat, sugar and salt.

HEALTHY SNACKS



CHDP Child Health and Disability Prevention Program 7/92 LLW/FF/DB Rev 8/97

Growing Up Healthy

Name:	
Height:	Weight:
Today's Date	:
Next Appoin	tment:
Date:	Time:

Keep emergency numbers handy

Police, fire, ambulance: Call 911

- Learn Adult CPR
- Put smoke alarms in hallways and every bedroom, check every 6 months.

Poison Control Number: 1-800-876-4766

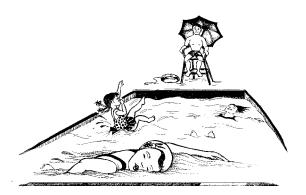
Have a carbon monoxide alarm.

Health and Safety

Parenting Tips

Health and Safety

- Remind your teen about water safety.
- □ Remind your teen:
 - To use a seat belt for every ride.
 - Not to ride in the back of pick-ups.
 - To wear a helmet and knee, wrist and elbow guards when using skates, bikes and skateboards.
- □ Warn teen about danger of hearing loss with loud music.
- □ Talk to your teen about not hitchhiking, personal safety and peer pressure.
- ☐ Talk about avoiding gang activities or group violence.
- □ Ask your teen not to accept anything from strangers or go with them, and to tell you or a trusted adult about a stranger.



Spend time with your teen. Most of all, listen to what he or she has to say.

What to Expect

- ☐ Your teen:
 - Will be growing and developing rapidly.
 - May have a large increase in appetite.
 - Tends to think in the present time.
 - Will begin to seek some independence from your family.
 - May disagree with you and may have temper outbursts.
 - May be very involved with peers.
 - May get acne; teens are very concerned with looks.
 - May have questions about drugs, alcohol and sexual activity.

What You Can Do

- ☐ Give your teen lots of praise and affection.
- ☐ Encourage outdoor and community activities. Limit television and video games. Make time daily for homework. Support staying in school.
- □ Respect your teen's privacy such as: mail, phone calls, bathroom and bedroom.
- ☐ Discuss and set rules, limits and penalties.
- ☐ Have a talk about: drugs, alcohol, sex and AIDS, peer pressure, ways to say no and good friendships.
- □ Avoid street drugs, tobacco use and alcohol. Your teen wants to copy your actions. Be a role model.

If you find yourself about to hit or harm someone, even yourself, call a "Hot Line" or a friend for help.

13 - 16 Years

- Encourage your teen to exercise daily, such as: track, tennis, swimming, hiking and playing sports.
- Your teen should keep skin, nails, hair, genitals and body clean; wear clean clothes; and wash hands with soap and water before eating. Wash bed sheets weekly.
- ☐ Teach your teen skin care and how to do breast or testes self-exams.
- □ Talk with your teen about not using street drugs, alcohol or tobacco. Also talk about AIDS and other sexually transmitted diseases and responsible sexual behavior either abstain or use condoms.
- ☐ Take your pregnant teen to see a doctor for early and regular prenatal care.
- □ Warn your teen about tobacco smoke.



